

EARTH'S BEST WAYS  
TO  
CELEBRATE EARTH DAY  
APRIL 22, 2009



On April 22, 1970, the first Earth Day was held as a peaceful day of demonstration and education to improve awareness, appreciation and care for our earth. Twenty-nine years later, its mission and importance are still as critical.

Here are some Earth's Best tips on how you and your children can help us continue that mission and celebrate Earth Day.

- **Buy Organic:** Buying organic foods means you are supporting organic farming. By using organic farming methods farmers encourage soil and water conservation and reduce pollution. Earth's Best supports organic farmers by purchasing ingredients from them for their nutritious baby foods. Meet some of Earth's Best organic farmers: <http://www.earthsbest.com/growers/index.php>



- **Grow your own organic garden:** The best place to start improving the environment is in your own backyard. By planting an organic vegetable garden, not only do you help your local plants and critters, you improve your health, since eating organic, local foods means you get the best nutrition possible, with the least amount of potentially toxic chemicals. Growing your own garden also saves lots of energy because foods don't have to be shipped. If you have leftover seeds from your seed packets, store them in an empty Earth's Best baby food jar. If it's too cold on April 22 where you live to actually get outside and

plant some seeds, start with a paper and pencil to draw up your plans and order your seeds.



- **Join the mission:** Make a sustained commitment to increase the amount of organic foods that you eat. [http://www.organic-center.org/newmission/join\\_the\\_mission.htm](http://www.organic-center.org/newmission/join_the_mission.htm). Buying Earth's Best foods and snacks is a great way to support that commitment.



- **Recycle Earth's Best packaging:** Once you have finished your yummy, nutritious, organic Earth's Best foods and snacks, be sure to recycle the packaging. Or better yet, find ways to reuse it. Those little baby food jars are perfect for storing organic herbs or spices, saving extra organic garden seeds, rooting plants, or holding spare screws or paper clips. <http://www.earthsbest.com/promos/empty-jars/winners/winning-jar-ideas.php>